

Official Bridge Run Training Clinics!

We are pleased to announce comprehensive 12 week training clinics to get you ready for the Cooper River Bridge Run! Expert and dedicated coaches will guide you to meet your Bridge Run goals, whether you are a runner or a walker. Choose from Wednesday evenings in Mt. Pleasant (sponsored by the Charleston Running Club), Tuesday evenings downtown (sponsored by the MUSC Wellness Center), or Wednesday mornings downtown (MUSC). Clinics start in mid January, cost is \$75 for any one of the three training programs.



33rd Annual Cooper River Bridge Run

March 27, 2010

Events

Race Expo	March 25-26
Kids Run	March 26
Bridge Run Wheelchair Race	March 27
Bridge Run and Walk	March 27

Bridge Run Race Expo Hours

Thursday March 25th, 2010 from 12noon - 8pm
Friday March 26th, 2010 from 8 am - 8pm

www.bridgerun.com



Bridge Run Kids Run

Friday, March 26, 2010

Hampton Park

Schedule:

Noon-3:00 pm kids Run Expo (many, many fun activities and treats!)

Noon-3:30 pm kids Run Registration and Packet
Pick-Up

3:00-4:00 Warm-Up with t-Bone

4:00-5:00 Running Events

5:00-6:00 Kids Run EXPO continues.

Parents/guardians are encouraged to accompany kids in all events. If accompanied, younger children may do the one mile event.

Fees: For pre-registration the event is \$8, with shirt. At the event (on Friday) the fee is \$10 with shirt. (The event is free without a shirt.)

What's so special about the Ravenel Bridge?

The new Arthur Ravenel Jr. Bridge is 2.71 miles long and 200 feet high (about 30 feet higher than the old bridges). The slope is 4%. The towers are 550 feet tall, and the bridge was completed well ahead of schedule and under the budget of \$700 million. It offers dramatic views of Charleston and the surrounding areas.